

FORGING THE FUTURE:



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<http://www-nehc.med.navy.mil/hp/index.htm>

Friday FACTS

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30 November 2001

"Leadership, Partnership, and Championship"

December is Prevent Drunk & Drugged Driving Month



National Drunk and Drugged Driving (3D)
Prevention Month Coalition

Be part of the solution to this problem, and make your community safer by working to prevent drunken and drugged driving. The following suggestions can help you protect yourself and your family:

- Never allow yourself or your loved ones to ride in a car with someone who is intoxicated. Find another way to get where you need to be or don't go. Consider all transportation alternatives, and don't forget that many cab companies offer free rides to those in this situation.
- When entertaining, be a responsible host. Encourage sensible drinking by serving nonalcoholic drinks, and never give alcohol to someone under the age of 21.
- Always use the designated driver system when you have a night out. Encourage your friends and loved ones to do the same.
- Always protect yourself against other drivers. Always wear your safety belt, and make certain that children are properly secured in child safety seats.

For additional information visit http://www.dadeschools.net/calendar/cal/dec/drunk_driving.htm or <http://www.3dmonth.org/>

Model DoD Systems Approach for Tobacco Cessation Research

Thanks to each of you for submitting your hospital and base to participate in the Model DoD Systems Approach for Tobacco Cessation Research Project!

Navy

NH Corpus Christi
NH Great Lakes
NAAC Groton
NH Jacksonville
NAAC Newport
NMC Portsmouth
NMC San Diego

Marine Corps

NH Beaufort
NH Camp LeJeune
NH Camp Pendleton
NH Cherry Point
NMC Quantico
NH 29 Palms

If you have any questions please contact Mark Long at <mailto:longm@nehc.med.navy.mil>

What's New

Latest club drug and steroid information from the National Institute on Drug Abuse (NIDA) may be found at:

<http://www.clubdrugs.org>

<http://www.steroidabuse.org>

NIDA also has drug abuse prevention materials for schools! One program is NIDA Goes to School and the newest is Brain Power! They may be ordered from the National Clearinghouse for Alcohol and Drug Information 800-729-6686 or from the NIDA website <http://www.drugabuse.gov>

The major side effects from abusing anabolic steroids can include liver tumors and cancer, jaundice (yellowish pigmentation of skin, tissues, and body fluids), fluid retention, high blood pressure, increases in LDL (bad cholesterol), and decreases in HDL (good cholesterol). Other side effects include kidney tumors, severe acne, and trembling. In addition, there are some gender-specific side effects:

* For men--shrinking of the testicles, reduced sperm count, infertility, baldness, development of breasts, increased risk for prostate cancer.

*For women--growth of facial hair, male-pattern baldness, changes in or cessation of the menstrual cycle, enlargement of the clitoris, deepened voice.

*For adolescents--growth halted prematurely through premature skeletal maturation and accelerated puberty changes. This means that adolescents risk remaining short the remainder of their lives if they take anabolic steroids before the typical adolescent growth spurt.

In addition, people who inject anabolic steroids run the added risk of contracting or transmitting HIV/AIDS or hepatitis, which causes serious damage to the liver.